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TO KICK THE HABIT

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GREENER
LIVING

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See pullout in today's paper

OTTAWA

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Tuesday, June 21, 2011
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News worth
sharing.

Postal. Strike



► Letter carriers from Peterborough, Hernan Bravo, left, and Michelle Wroblewski, hold a banner at the "Push Back" rally in support of labour unions yesterday at the Sparks Street post office.

Rallying against back-to-work legislation

More than 100 people surrounded the Sparks Street post office yesterday to protest back-to-work legislation and the current lockout at Canada Post offices across the country. "It takes away our rights as Canadians, as postal workers, and as union members," said Michelle Wroblewski, a letter carrier from Peterborough. For more coverage of the Canada Post dispute, see page 6.

Tory axe to fall on jobs

- Nearly 300 cuts coming this year: Unions
- Federal economists, policy analysts and auditors will be first go

The federal government will cut 687 Public Works and Government Services Canada jobs — many located in Ottawa — over the next three years, unions announced yesterday.

Three major unions were notified Friday the exercise is expected to save about \$100 million. Individual workers learned early yesterday afternoon their jobs were on the chopping block. Under collective agreements, the federal government will attempt to make other reasonable job offers, train employees to work in other areas, or offer severance packages for them to leave.

The Canadian Association of Professional Employees (CAPE), which represents some 14,000 members, says 103 federal economists and poli-

cy analysts who work in the consulting services branch of Public Works, providing analysis for all federal departments, are to be cut.

Although the department has offered an eight-week transition period in which to help employees find other work, CAPE president Claude Poirier said the cuts are worrisome. It raises concerns about what kind of scrutiny proposed legislation or program cuts will receive in the future, and the Canadian public should be concerned, said Poirier, that "we're going to see more and more decisions made by this government on an ideological basis, instead of on a learned basis."

Poirier predicted much deeper job cuts are to come.

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The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

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- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

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- Pharmacology
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- Pharmacy Software
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Employees shy on mental-health issues

Canadians fear telling their employers they have a mental-health issue says a new report by the Conference Board of Canada — a finding that comes as no surprise to a local expert on work-life balance.

"(Employees) fear the fact that they're not going to be seen as team players, they're going to be seen as whiners, non-performers, and let their team down,"

said Linda Duxbury, a professor at Carleton University's Sprott School of Business.

The report entitled Building Mentally Healthy Workplaces: Perspectives of Canadian Workers and Front-Line Managers, offers a glimpse into Canadians' work environments after 1,010 Canadian employees were surveyed in January 2011.

The findings revealed 54 per cent of respondents said disclosing a mental-health condition to their employer would jeopardize their chances for a promotion, while 38 per cent said it would jeopardize future success.

Duxbury said that in her research on stress and depression, employers generally don't deal with mental health very effectively in

the workplace. She suggested people push back their hours, take time off and turn off their BlackBerrys when they go home as ways of coping with work-related stress.

The report comes after the Mental Health Commission of Canada announced Thursday it would launch a nationwide standard to improve mental health in the workplace. ● JOE LOFARO



► Linda Duxbury

1

news



A new report details economic costs of obesity, and how individuals can fight it.

City aims to attract immigrants

► Ottawa's prosperity depends on successfully attracting and welcoming skilled immigrants: OLIP

 JESSICA SMITH
@METRONEWS.CA

A city-wide strategy was launched yesterday to attract skilled immigrants to Ottawa and help them successfully settle here — something other major Canadian cities have already had for some time.

"Vancouver, Edmonton, Calgary, Saskatoon, Winnipeg, Halifax — they all have local immigration strategies and they've had them for years," said Dick Stewart, chair of Ottawa Local Immigration Partnership (OLIP). "So we clearly needed to get in on the game."

The Ottawa Local Immigration Partnership brings together groups that offer services for immigrants — small non-profits, school boards, universities and colleges, health- and social-service agencies, the city and local businesses.

"Immigrants need help when they arrive. If you serve them 10 years later, then all the damage is done."

HAWA MOHAMED, A CO-ORDINATOR FOR THE CANADIAN SOMALI MOTHERS ASSOCIATION

The idea is that the organizations' services will be more accessible if they work toward common goals.

There are about 45 local immigration partnerships (LIPs) in Ontario — the product of work by the federal and provincial governments and the Association of Municipalities of Ontario in 2006.

Hawa Mohamed, a co-ordinator for the Canadian Somali Mothers Association, said OLIP will help prevent Ottawa's skilled immigrants from "slipping through the cracks."



► Hawa Mohamed, co-ordinator of the Canadian Somali Mothers Association, attends the launch of the Ottawa Local Immigration Partnership at city hall yesterday.

"When you come here you look at two things:

you look at a job and you look at education for your children. If you don't get

these two, you are almost nothing, and that's what OLIP is for," she said.

Cops retrieve teen's body

The OPP have retrieved the body of a 15-year-old Ottawa boy who drowned in Charleston Lake, west of Brockville.

Police were called to a spot where three boys were swimming and jumping off a cliff into the water.

"Three went in, only two came up to the sur-

face," said OPP spokeswoman Sgt. Kristine Rae of the incident that lead to Hay Mu Tha Kyu drowning.

Rae said the force's marine unit and fire department were out searching for the missing youth Sunday but that it wasn't until just before 1 p.m. yesterday that the OPP's

underwater search-and-retrieval unit found the youth.

A post mortem is to be scheduled at the Ottawa Hospital.

● METRO

News in brief

Man seriously injured after deer collision

A 50-year-old man is in hospital with serious but non-life-threatening injuries after his motorcycle collided with a deer yesterday evening. The

collision happened on Highway 417 near Terry Fox Drive. The man was thrown 75 to 100 feet. ● METRO

Firefighters save house

Three people who live at a home on Dynes Road who suffered a fire in a utility box will not have to vacate, says Ottawa Fire Service. ● METRO

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Case not a threat to sports: Mayor

- ▶ Friends of Lansdowne court challenge begins today
- ▶ Sports franchises plans go ahead if city loses case: Mayor



JESSICA SMITH

@METRONEWS.CA

The Friends of Lansdowne are beginning their case in Ontario Superior Court this afternoon, but even if they win it won't threaten plans to bring high-level sports teams and events to Lansdowne Park, said Mayor Jim Watson yesterday.

"There's always going to be a stadium there," said Watson. "It just has to be refurbished because it's in pretty rough shape. We wouldn't have gone and bid on FIFA World Cup women's soccer if we didn't have confidence that we would have a facility to host it."

If the city loses the case, "we're going to have to come back with another plan because to keep Lansdowne in its dilapidated state is just not an

Allegations

▶ **Bad faith?** Friends of Lansdowne allege the City of Ottawa acted illegally by failing to act in good faith and with due diligence, but the city disputes this and other claims, and none have been proven in court.

option," said Watson.

Whatever the outcome, sports will be a part of Lansdowne, he said.

"It's always had a history of being a gathering spot for sports, whether that's the original Ottawa Senators that played there in the past, the Roughriders, the 67s or the Glebe little league baseball," he said.

Friends of Lansdowne member Michael Tiger said he believes if his side wins the city will have to "wait a little bit longer"

for NASL soccer and a CFL team, because the future of Lansdowne Park would be "up in air."

The group is fighting the Lansdowne Partnership Plan the city signed with the Ottawa Sports and Entertainment Group last June to build a commercial and residential development with a stadium in Lansdowne Park.

"The city has acted in a manner which is, as the lawyers call it, 'illegal,'" said Tiger.

"We would think that the city would have to go back to square one," said Tiger. That doesn't mean the Friends of Lansdowne group objects to there being sporting events at Lansdowne Park, he added.

"Some of the people involved in this are actually sports fans too," Tiger said.



▶ The Golden Seals soccer team warms up before a game at Lansdowne Park's Frank Clair Stadium yesterday evening. Among the elements of the disputed Lansdowne Park redevelopment is a new stadium.

Ottawa lands its own professional soccer team

Ottawa is getting its own pro soccer team in the North American Soccer League (NASL) and — depending on the outcome of a court challenge to the city's redevelopment plans for Lansdowne Park — soccer fans will be able to cheer it on in a new 24,000 seat stadium built to FIFA specifications.

David Downs, the league commissioner made the official announcement yesterday at

Lansdowne Park with partners from the Ottawa Sports and Entertainment Group (OSEG), which owns the new team. OSEG has also been granted a conditional CFL football team franchise.

"There's nothing quite like the shared experience of going to the stadium to cheer on the home team in a great soccer atmosphere," said Downs.

As Ottawa's home stadium, Lansdowne Park will



▶ Mayor Jim Watson shares his excitement of Ottawa getting its own pro soccer team with members of the Ottawa Fury U-13 boys team yesterday at Lansdowne Park.

host league matches with member teams from such cities as Atlanta, Tampa Bay and Puerto Rico.

"This will be, by far, the highest calibre of soccer we'll have seen in Ottawa since 2007 FIFA Men's U-20 World Cup," said John Pugh, the team's new president, and also the owner of the already established Ottawa Fury soccer club.

Pugh, the driving force behind yesterday's announcement, said during

the tournament Frank Clair Stadium was filled to the rafters with fans watching soccer stars from Argentina and Brazil.

Mayor Jim Watson called the announcement a "big win" for the city and said he is excited to see the revitalization of Lansdowne begin.

The mayor added shovels could go into the ground for the new stadium as early as late 2011.

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Resident survives inferno

Firefighters feared the worst when called to a fire that destroyed a house in Ottawa's far west end, but later found the homeowner outside safe and sound.

The sole occupant of 304 Spruceridge Rd. was unaccounted for when firefighters first arrived, so a rapid search was conducted on the first floor. When firefighters attempted to

reach the second floor, they were pushed back by heavy fire and extreme heat.

The owner, who lived alone in the home was found shortly after on the property grounds, uninjured.

The fire caused \$650,000 worth of damage.

While the house was razed, fire crews prevented the fire from spreading to a nearby forest and a neighbouring home.

Victims assistance was called in to look after the needs of the owner. The office of the fire marshal is investigating. ■ METRO

OC Transpo on new timetable

OC Transpo's new summer schedule took effect Sunday, and the transit service says improvements to the transit system will be introduced. Among the changes are two new early-morning trips for Route 94 from Tunney's Pasture to Orléans, and an additional early trip from Orléans to Tunney's Pasture. ■ METRO

Open borders, UN refugee chief urges countries

The UN refugee chief yesterday urged all countries to keep their borders open and offer protection to refugees fleeing violence.

UN High Commissioner for Refugees Antonio Guterres spoke on World Refugee Day after some European nations, including Italy, have shown resistance to opening their doors to people fleeing unrest and violence across

North Africa and the Middle East.

Guterres spoke of an "impression" in Europe that all refugees were coming to the continent. But, he said, "it's simply not true that refugees are moving massively to the North."

A report released yesterday by UNHCR said four-fifths of the world's 15.4 million refugees are host-

ed by developing countries.

In Libya, for example, about 1 million people — not all of them refugees have fled to neighbouring Tunisia and Egypt since the beginning of the violence, Guterres told reporters in Rome. Less than 2 per cent of that number have crossed the Mediterranean to reach Europe.

THE ASSOCIATED PRESS



► Myanmar refugees march to highlight difficult conditions in their country on World Refugee Day in New Delhi yesterday.

Girl forced to wear bomb vest: Police

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

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Picasso's art shown in Palestine

A Palestinian art academy yesterday put on display a \$7-million US Pablo Picasso masterpiece, the first of its kind in the West Bank.

Picasso's 1943 *Buste de Femme* is on loan from the Van Abbemuseum in Eindhoven, Holland. Organizers said they had to overcome a lack of reliable transport and several Israeli checkpoints along the way.

The small art school in Ramallah put in the loan request in early 2010. Nor-

2 It took two years to arrange the loan of Picasso's piece, the art academy says.

mally, such inter-museum exchanges are routine and take about six months to co-ordinate, but this took two years.

"Nothing is normal over here," said Khalid Horani, art director of the Palestinian academy.

The painting is the most valuable and prestigious

Western artwork ever shown in the West Bank and is part of the Picasso In Palestine exhibit in Ramallah aimed at introducing Western art to the Palestinians.

The 100-cm-by-80-cm oil-on-canvas work — a cubist deconstruction of a woman's face, dominated by grey hues — is the Dutch museum's most valuable piece of art. It has travelled before to São Paulo, Brazil.

THE ASSOCIATED PRESS

News in brief

Saudi activists court Western female support

DUBAI, UNITED ARAB EMIRATES. Saudi activists are urging the West's top women diplomats to publicly support a campaign by women in Saudi Arabia to win the right to drive.

About 40 Saudi women drove Friday, saying they were beginning a

campaign to lift the restrictions. No arrests were reported.

THE ASSOCIATED PRESS

107-year-old Greek patriot dies

THESSALONIKI, GREECE. A funeral service was held yesterday for 107-year-old Vasiliki Lambidou. The woman lived near the Greek-Turkish border along the Evros river, and had raised a Greece flag at her house every day since 1962. THE ASSOCIATED PRESS

Tories table bill to end postal dispute

The Conservative government brandished the sword of back-to-work legislation for the second time in a week yesterday, this time to force an end to the Canada Post lockout.

If the two sides can't agree to their own deal by the time the bill passes, it will be up to an arbitrator to decide which side has the better offer.

But while the end of the postal lockout may be welcome news for those eager to see mail services resume, critics are alarmed at what appears to be a major change in labour relations policy for Canada. THE CANADIAN PRESS

Man charged in e-peeping investigation

Police in Peterborough, Ont., have arrested a man alleged to have secretly taken videos and photos of a housemate's girlfriend getting changed.

The other man discovered the material on the suspect's computer in late May.

He called police after learning a hidden camera had been placed in the bedroom he shared with his girlfriend.

Michael Kehoe, 19, was arrested Sunday and charged with voyeurism. CKOM

44 die in plane crash: Reports

Forty-four people were killed when a RusAir passenger jet crashed late yesterday in northwestern Russia, news agencies said.

RIA Novosti and ITAR-Tass, citing Emergencies Ministry officials, reported the plane crash-landed on a highway en route from Moscow to the city of Petrozavodsk. Eight people were hospitalized and in critical condition, they reported.

THE ASSOCIATED PRESS



► Courtney Mitchell, right, offers a wedding ring to Sarah Welton during their wedding ceremony in Katmandu, Nepal, yesterday. The couple from Denver, Colo., married in the first public lesbian wedding in the Himalayan nation.

BINOD JOSHI/THE ASSOCIATED PRESS

Lesbian wedding a first

N.Y. stalls on gay marriage

► Same-sex couples can legally marry in Connecticut, Iowa, Massachusetts, New Hampshire, Vermont and Washington, D.C.

Hundreds of protesters for and against gay marriage in New York chanted, sang and sought out TV cameras yesterday while the state senate again came to no resolution on the issue in a closed-door session that barely touched on the nationally divisive topic.

New York's vote is seen as pivotal in the national question over same-sex

marriage, an effort that largely stalled in the same room two years ago when the senate voted it down. Since then, efforts have failed in New Jersey, Rhode Island and Maryland. Advocates hope a "yes" vote in the country's third-most populous state jump-starts the effort.

Two Republican senators said the gay marriage issue

that has sharply focused the efforts of opponents and advocates was only briefly discussed in yesterday's meeting. Instead, senate Republican leader Dean Skelos is negotiating with Democratic Gov. Andrew Cuomo on religious exemptions that could be enough for Republican senators — most of whom oppose gay marriage — to send the is-

sue to the floor, where a bipartisan effort could pass it.

The state legislature's other chamber, the assembly, has already passed the measure. The legislative session was supposed to end yesterday, but the negotiations are expected to keep lawmakers in the state capital, Albany, through much of the week.

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HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

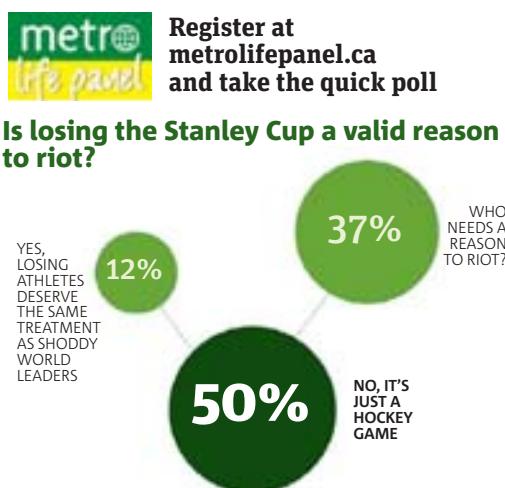
Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Local tweets

- **@gpsto-go:** We are looking at a new GPS Hide & Seek game to be played in Ottawa — Drive while getting clues over a Garmin GPS
- **@Urbandetail:** @alkerton rental market shortages after federal workforce adjustment in 1995 and high tech collapse in 2001. Ottawa had the tightest rental
- **@ottguy:** Motorcycle has apparently struck a deer on the 417 near Terry Fox
- **@gavinmckenzie:** RT @angry_pumpkin: Attending first monthly #MobileMonday #Ottawa event. Great panel discussion on mobile dev. Well worth trip through downtown construction.
- **@aysha_marie:** Yay!! Ottawa is getting a soccer team!! #ottawa
- **@BellesJoes:** Best birthday gift ever, Mom & Dad are flying up from NS next week!! <3

Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

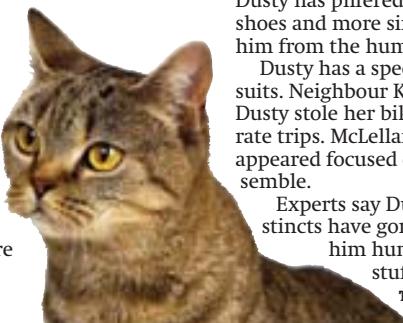


WEIRD NEWS

Hot on the trail of a felonious feline

A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the



burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

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METRO WORLD NEWS

So long, dot-com era: the world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .ott for Ottawa.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned

- **You name it**
- The expected price of a customized suffix is \$185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- Applications are open from Jan 12. to April 12, 2012.

Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLD's, for generic top level domains.

The Internet community, governments and companies have been pressing

for this for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain-name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

THE ASSOCIATED PRESS

Google to digitize tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. Among the books is Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange.

The library's goal is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.

THE ASSOCIATED PRESS



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills that wear and tear more easily. The first bills to go plastic will be the \$50 and \$100 notes. Polymer banknotes are more durable and harder to fake than paper money.

Market moment

TSX	Dollar	Oil	Natural gas
			
+ 67.75 (12,857.7)	+/- 0¢ (102.02¢ US)	+ 25¢ US (\$93.26 US)	\$1,542 US (+ \$2.90 US)
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(Bayshore Shopping Centre)

173 Montreal Rd
(Montreal Rd & Vanier Parkway)
888 Meadowlands Dr E, Unit 8
(Meadowlands & Prince of Wales Dr)
300 Eagleson Rd
(Hazeldean Mall)
2446 Bank St, Unit 103
(Towngate Shopping Centre)

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1652 Bank St
FTA Tronix
1807 Carling Ave
ANT Electronics
625 Centre St
Computer Idol
203 Colonnade Rd

L-Tronix Ltd
500 Eagleson Rd
Rocknet Telecom
1020 St. Laurent Blvd, Unit 12
Bullo Wireless
1414 Walkley Rd
IGO Cyber House Inc.
223 Bank St

Computer Onsite
1439 Woodroffe Ave
Joe Mobile Tech
780 Baseline Rd, Unit 22



Women of Wal-Mart blocked

- Justices agree lawsuit could not proceed as class action in current form
- Lawyers for plaintiffs say they're considering filing thousands of claims

The U.S. Supreme Court yesterday blocked a massive sex discrimination lawsuit against Wal-Mart on behalf of female employees in a decision that makes it harder to mount large-scale bias claims against the biggest U.S. companies.

The ruling reverses a decision by the 9th U.S. Circuit Court of Appeals in San Francisco. By a 5-4 vote along ideological lines, the

court said there were too many women in too many jobs at Wal-Mart to wrap into one lawsuit.

The lawsuit could have involved up to 1.6 million women, with Wal-Mart facing potentially billions of dollars in damages.

Now, the handful of women who brought the case may pursue their claims on their own, with much less money at stake

and less pressure on Wal-Mart to settle.

One of the women involved in the suit, Christine Kwapnoski, said she was disappointed in the ruling, but vowed to push ahead with her claims.

"All I have to say is when I go back to work tomorrow, I'm going to let them know we are still fighting," said Kwapnoski.

The lawsuit said that

women are grossly under-represented among managers, holding just 14 per cent of store manager positions compared with more than 80 per cent of lower-ranking supervisory jobs that are paid by the hour. Wal-Mart responded that women in its retail stores made up two-thirds of all employees and two-thirds of all managers in 2001.

THE ASSOCIATED PRESS

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Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel *Playground*. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, *From Pieces to Weight*, and a self-help guide co-authored by Robert Greene called *The 50th Law*.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
 ► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess



New Line of Fragrances

How likely it is to happen: 1/5
 There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5
 It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



A Smartphone?

How likely it is to happen: 4/5
 The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)



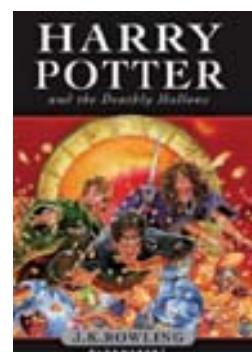
GETTY IMAGES



This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5
 Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that *The Deathly Hallows* is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of

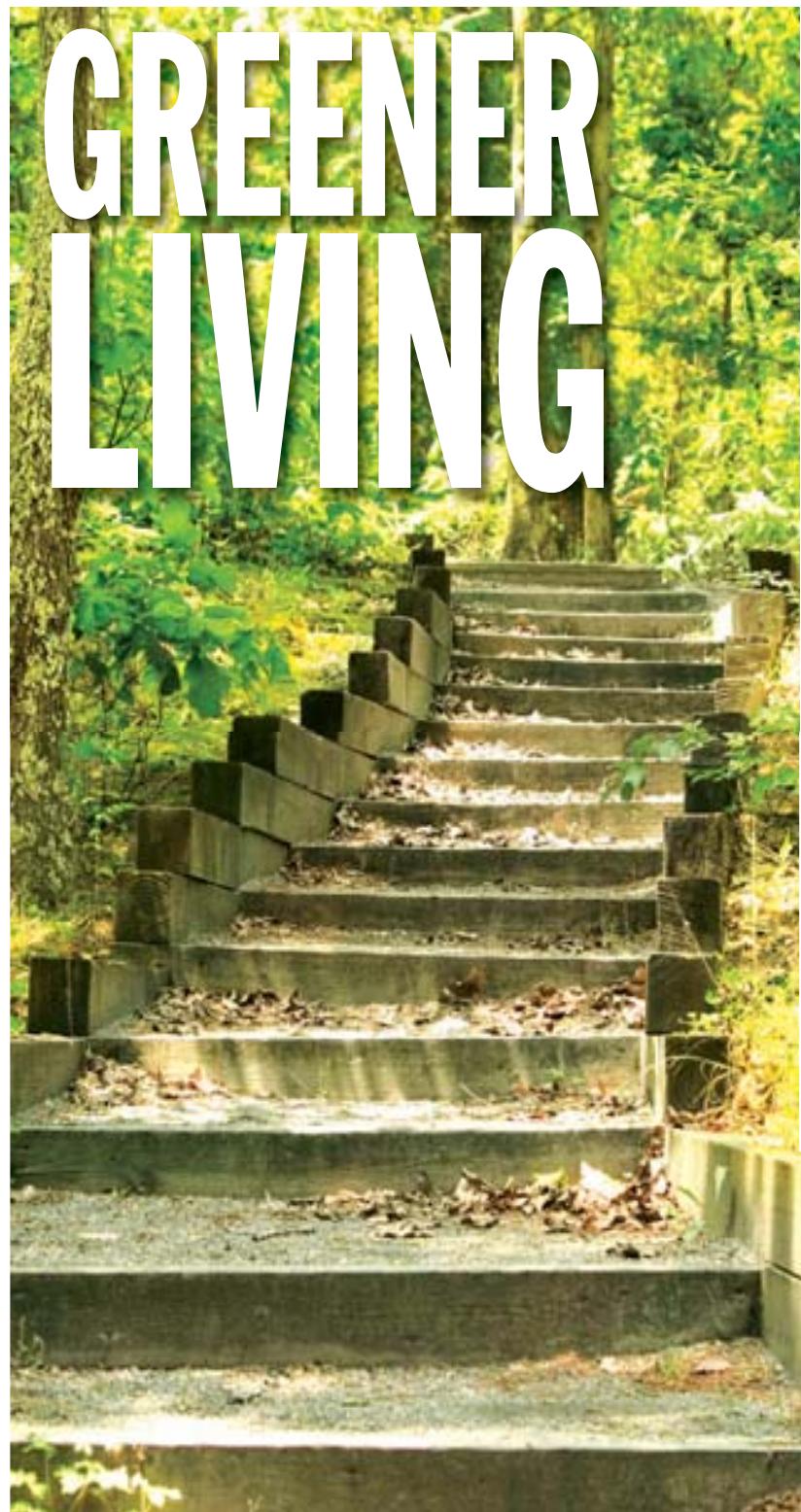
tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!



JUPITERIMAGES/COMSTOCK/THINKSTOCK

GREENER LIVING

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario.

"Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can be reused in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE



ABLESTOCK.COM/THINKSTOCK

cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life

THINGS GO BETTER WITH — PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.



SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewable fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

Designed to Make a Difference™

1 unique
redesigned
plastic bottle

2 up to 30%
made from
plants

REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

3 still 100% recyclable



PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind. Now available nationwide.

For more information visit livepositively.ca/plantbottle



THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

To see how you measure up, add up your score.

1. a - 1, b - 2, c - 3 2. a - 2, b - 3, c - 1 3. a - 3, b - 1, c - 2 4. a - 3, b - 1, c - 2
5. a - 1, b - 3, c - 2 6. a - 1, b - 2, c - 3 7. a - 1, b - 2, c - 3 8. a - 3, b - 1, c - 2

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation
www.davidsuzuki.org

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place — by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.



Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says.

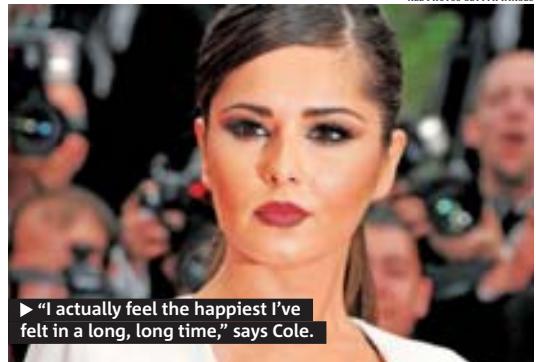
Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to People. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." • METRO



► Winehouse has cancelled the next two stops on her tour.

THE ASSOCIATED PRESS



► "I actually feel the happiest I've felt in a long, long time," says Cole.

Cheryl says she's just fine

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of *X Factor* and she doesn't want people feeling sorry for her, according to the *Mirror*.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I

have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. • METRO



► Lady Gaga

Lady Gaga 'totally back together' with her man

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to *Us Weekly*.

"They had a little fight. I think the breakup lasted a week or two," a source says.

"They are totally back together now," Gaga herself admits she may have stretched the truth in announcing her relationship's demise. "I sometimes skirt questions about it — and maybe not honestly," she tells the magazine. • METRO

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Freddie Highmore, Emma Roberts

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Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better.

CELIA MILNE



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Cutting the belly fat

► New research shows the science behind why carbs can cause belly fat ► Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes



CELIA
MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein, and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal

Statistics

According to Statistics Canada, 24.3 per cent of Canadian men — and 23.9 per cent of women — are obese.

► **Americans** That's better than in the United States, where fully one-third of Americans have weight problems.

► **Getting worse** The problem is accelerating, as Canadian numbers have jumped 10 percentage points across the board in the past 20 years.

fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

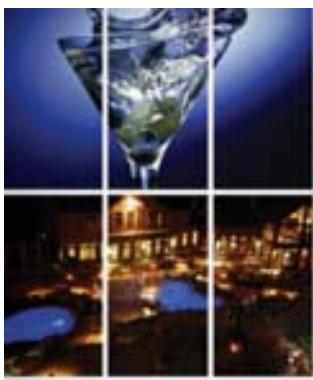
For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



► No carbs? No kidding.



Nordic baths

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5 Martinis

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**What you do:**

- 1 Start on your hands and knees in a tabletop position. Make sure your knees are placed directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Become aware of the length and quality of the breath. Centre your head in the neutral position, eyes looking at the floor.
- 2 As you exhale, round your spine towards the ceiling, making sure to keep your shoulders and knees in position. Feel the tailbone and the crown of the head lifting equally towards the sky. Press into the palms to drop the shoulders away
- 3 Inhale, coming back to neutral tabletop position on your hands and knees.
- 4 If you have difficulty rounding the very top of the upper back ask a friend to lay a hand just above and between the shoulder blades to help you activate the area.
- 5 This pose is often paired with the cow pose on the inhale for a gentle, flowing vinyasa.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Health trend**Mushy meals**

Liquidized meals: that's a slightly more mature way of saying baby food or "goo." But that's apparently how Lady Gaga and Jennifer Aniston beat hunger pangs. In the UK, this latest diet trend has seen wet baby food sales increase by 20 per cent as it is claimed that making puree out of your meals and eating baby-sized portions helps digestion and reduces overall intake.  METRO



● METRO

Yoga pose. Cat Pose/Marjariasana**Analysis****BODY FOCUS: PIPPA'S TONED BUM**

MARK ANTHONY
PILATES EXPERT

Sure, Kate looked great, but it's Pippa's toned derrière we'd love to flaunt on the beach this summer. We asked Pilates expert Mark Anthony how.

Start with: Pre exhaust movements to fire up weak butt muscles

Standing leg lifts: from a standing position keep the right side leg slightly bent with the left leg straight and slightly off the floor. Raise this leg high enough so that you feel contraction in your hip and glute. Pause briefly at the top and return to the start position. Once you have done 15 reps, pause, and with the same leg turn the foot slightly outwards and swing the leg behind you again high enough so that you feel a contraction in your glute. Perform this 15 times and then repeat the exercise with the other leg.

Go into: Wide stance squats and lunges

Squats tone, perk and lift the bum as they trigger the glutes, inner, front and back of the thigh.

Take a wide stance, with your toes turned out to 10 o'clock and 11 o'clock and tilt your pelvis backwards and drop down so that your legs are parallel to the floor and so that your back is straight. Immediately push up to the

start position. Do two lots of 15 repetitions each.

Lunges are fundamental for developing strong glutes and lifting the bum. From a standing position step forward into a lunge so that your rear knee is nearly touching the floor. Keep your abs in tight and back up straight. Move back to the start position and alternate the leg. Do two lots of 15 reps.

Make sure you rest in between sessions, as your muscle fibres need to heal and recuperate before they can get stronger.

Eat: the right fuels

You must feed your body right if you want your body to respond to the workout. Think of it as putting fuel in a Ferrari. Drink two litres of water a day and eat small regular meals, three main meals and two snacks. Eliminate salt, sugar, fat (saturated fats, processed foods, high fat creams), alcohol and simple carbohydrates such as white rice, white pasta and white bread. Load up on complex carbs such as brown rice and pasta.

Start the day right with a breakfast of two poached eggs or rye bread with baked beans.

Peel off: the orange peel

Cellulite is the build up of fat deposits under the skin. Pick exercises that burn body fat fast such as weight training. Cellulite busting foods include barley, broccoli, spinach and spirulina.



► Pippa Middleton

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Hollywood silhouette

► Fitness expert Tracy Anderson's tells Metro in her own words how getting the movie star body is possible



On making a change:

"You are how you move. Everyone is beautiful no matter their shape or size but when we are in proportion we are stunning. Change is possible once you identify the problem areas and focus on changing and re designing your muscular structure."

On switching it up:

"How you build up muscle is key. You don't want to look massive and masculine. Switch exercises every 10 days as muscles, especially the smaller ones, have good memory and need to be continually challenged and stimulated."

On staying connected:

"For long term results, make exercise a priority. Not caring about your body will mess up the way you look later in life. One hour, minimum 30 minutes, six days a week is all you need to stay connected with your body and get results."

On avoiding injuries:

"Using the body in the same way over and over again can lead to injury or joint problems. With dance aerobics,



you are still pounding but are constantly shifting your body and transferring the weight meaning the joints wear out less."

On feeling more powerful:

"Lifestyle is an exhausting word, but identify who you are and make exercise a part of that 'you'. One study showed women spend 80 per cent of their day thinking about negative body issues over lunch, getting dressed, and reading magazines... Reverse this critical train of thought and you'll feel more powerful."

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CHANGE IS THE ONE CONSTANT... EVEN FOR YOUR TEETH!



Dr. Bao Nguyen
Dental Surgeon

Life never stays the same! In fact, we are all familiar with the concept that the only constant in life is change. That truism is applicable to your dental needs as well, perhaps even more for women than men.

The fact is that dental needs for women change dramatically at different times in life. It probably would not come as much of a surprise to learn that these changes correspond with the biological changes women experience along the way.

For instance, when a young woman enters **puberty**, her body undergoes dramatic hormonal changes. Some women notice that this can affect the health of their gums. There can be a tendency for their gums to become more inflamed and prone to bleeding.

The concern at this stage is that inflamed gums are more likely to be penetrated by the **bacteria** that are always found in the mouth. This can increase the risk of developing **periodontal disease**. If the bacteria enters into the bloodstream, it may cause or aggravate more serious health conditions, such as infections, heart conditions, diabetes or even oral cancer.

The good news is that puberty does pass! However, young adult women are not out of the woods. If you are using birth

control to reduce the risk of pregnancy, you should be aware that **inflammation of the gums** is also a side effect of some forms of birth control.

For women who are pregnant, the hormonal changes can again inflame the gums, leaving you susceptible to periodontal disease and bacterial infections. However, it is not just your own health that could be at risk now. The health of your developing baby can also be compromised.

Women who are in poor oral health during pregnancy are more likely to experience a **premature delivery**. Babies

born prematurely have significant more health challenges, some of which could affect them for their whole lives!

Then when you think you have survived all the tough stuff and the golden years of retirement are just around the corner, **along comes menopause!** Many post-menopausal women suffer from decreased bone density. This can increase the **risk of tooth loss as well as broken or chipped teeth**.

Despite all of this, the good news is that most of the negative effects can be offset by a good oral health care regime. That means regular brushing and flossing, as well as visiting your dentist as least twice per year. Your dentist may recommend more frequent visits if your oral health care needs require it.

If you notice that your gums or your daughter's gums remain inflamed for prolonged periods, schedule an appointment with your dentist to discuss this fact. You do not need your dentist to tell you that hormonal changes can play havoc with a woman's body. Making sure you look after your oral health during these challenging times is a healthy habit...and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon



► This could be you.

How to butt out

► Unleash the unstoppable you ► Look at the areas smoking affects you ► Then break that habit for good

Health

You know cigarettes give you cancer. But did you know how fast?

"Smoking causes damage at a genetic level within minutes, not years," says Sara Austin, Self magazine's health features director. "A recent study found that a DNA-harming, carcinogenic by-product spikes in smokers' blood just 15 to 30 minutes after inhaling."

Even scarier, smoking accounts for 30 per cent of all cancer deaths, in addition to causing heart disease, stroke, brain aneurysms and lung problems.

On a daily basis, it's no fun either.

"Smoking is like having a permanent hangover,"

says John Dicey, an ex-smoker who puffed for 20 years, at a rate of sometimes 80 cigarettes a day.

Sex

The health benefits of quitting — increased energy, stamina and quicker recovery time — apply to the bedroom as well.

"Smokers are more likely to snore regularly. You can't enjoy sex if you've been exiled to the spare bedroom," says Austin, who also advises that if you're trying to have a baby, both of you should try to quit.

"Women who smoke have a higher risk for infertility, miscarriage, premature birth and babies born too small."

Career

"On average, smokers cost their employers \$3,500 more a year due to absence through illness, loss of productivity via illicit smoking breaks and higher rates of incidents at work," says Dicey. Smokers are under the illusion that cigs help them concentrate. The truth is they often can't concentrate because of it.

Finance

"The average smoker blows \$1,360 on cigarettes every year," says Austin. Plus, the resale value of your car drops nine per cent due to the stinky interior.

"Chalk up another \$490 for a single teeth-whitening session to hide your nicotine stains," she says.

OK, OK we quit!

● ROMINA MCGUINNESS/MWN

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Shrimp Appetizer

Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes.

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper,
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

Add mustard and cook for another 2 minutes.

2 Add shrimp and cook for 5 minutes longer, mixing with a spatula.

3 Season to taste. Serve with a salad of fine herbs such as chives, chervil, parsley and basil.

THE CANADIAN PRESS/
MAILLE (MAILLE.CA)

Travel to Baja without ever leaving Ottawa

► Burger shack offers patio charm and delicious lunch options to go with it

**LUNCH RUSH**

SHARI GOODMAN
FOOD@METRONEWS.CA



Are you a beach person? Do you long to visit an island of palm trees and feel the sea breeze on your face?

Well, transport yourself

— in spirit — by visiting Baja Burger Shack at Britannia Bay.

This order-at-the-counter-find-a-table kind of place has a patio charm that may seduce you to return on a regular basis.

Though licensed to serve Caipirinhas and Mojitos, I couldn't resist reliving my childhood — I ordered a chocolate malt.

The burger was fresh, moist and flavourful due

to an extra handful of salt in the patty.

Served on a soft, fresh bun and drizzled with a secret Baja sauce, the burger was wonderful

Usually I enjoy a greasy burger, but this one was satisfying in its freshness.

Though the fries could have been crispier for me, others at the table didn't complain.

Not only will you feel like you've taken a mini

vacation during your lunch break, you'll also enjoy one of the best burgers in town.

► **Baja Burger Shack**
100 Greenview Ave., Britannia Bay
613-613-2233
Reservations: No
Social lunch: Yes
Client Negotiations: Yes
Price range: \$\$
Rating: 4.5 out of 5

This mushroom casserole cooks itself

THE CANADIAN PRESS/HO

Preparation:

1 In a large skillet over medium, heat oil. Add onion, green pepper and mushrooms. Sauté for 5 to 6 minutes, stirring occasionally, until vegetables soften. Add garlic, tomatoes, oregano and paprika. Continue to sauté until heated through. Remove to a large mixing bowl to cool.

2 In same skillet, melt butter over medium heat; whisk in flour. Cook and

stir until smooth and golden, 4 to 5 minutes. Whisk in milk and bring to a boil. Whisk shredded cheese into boiling milk to produce a rich, velvety sauce. Add salt and pepper.

3 Combine cooked rice with sautéed vegetables in a large mixing bowl. Fold in cheese sauce and mix gently.

4 Grease inside of a slow cooker (14-cup/3.5-l to 4.5-l/18-cup size). Pour

in wild rice mixture. Cover; cook on low for 4 to 6 hours or on high for

2 to 3 hours or until done. THE CANADIAN PRESS/
CROCK-POT

Ingredients:

- 5 ml (1 tsp) paprika
- 30 ml (2 tbsp) butter
- 30 ml (2 tbsp) flour
- 375 ml (1 1/2 cups) milk
- 250 g (8 oz) pepper jack, cheddar or Swiss cheese, shredded
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 500 ml (2 cups) wild rice, cooked according to package instructions



► This wild rice and mushroom casserole serves four to six.

SHE NEEDS HER OWN FRIENDS

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair?

Strangled.

Claire: Dear BF/BFF, You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world. By providing a group to hang out with, you've fulfilled her need to socialize. This isn't OK, unless you two are in a cult where sympathizing with outsiders warrants a good whipping. Make sure you're clear about how you're uncomfortable her nesting is making you, and that you don't find it attractive. As

you're the centre of her world, this will probably get her butt off the bed and out into the world. If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people...like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled, The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship. So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys. Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls. But be careful what you wish for though — she may just have more fun going out with the girls than she does with you!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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ANSWERS FROM OUR EXPERT

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad,



► Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers

of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the

decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

Handy cellphone do's and don'ts

In this era, almost everyone in your social circle has a cell phone.

Here at Metro, we shall show you how to behave like a refined, cultured and well-mannered individual in the real world while still staying connected to the virtual world you're addicted to:

At the restaurant (on a first date)

Sorry ladies and gentlemen, if you are on a first date, that cell phone of yours must cease to exist. Turn it off.

At the restaurant (with a group of friends)

Unless your group is head-

ing to the Queen's palace where you must sit straight and always wear a smile, it is generally acceptable to have your phone out when dining with your friends at any other restaurants.

In a board meeting

Unless you have well-trained hand-eye coordination, we suggest that you focus in the meeting. Sure, it may last for three hours, but that just means that your company is in a little crisis and your attention should really be on saving your company and not whining about your job on Twitter.

— NICHOLAS LIM

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Rallye's brand new state-of-the-art 32,000-square-foot facility truly sets new standards for everyone else to follow. This new spectacular ultra modern dealership is worth a visit even if you are not in the market for a new or pre-owned car or truck.

As you come in, a magnificent staircase leading to the upper floor frames the reception area, providing just the right accent for the stylish 25 car showroom that is filled with every Mitsubishi model in every colour and trim available, including the sporty Lancer, the legendary Outlander, the all new RVR, and the high performance Eclipse and Eclipse Spyder models. To the back of the showroom, behind the reception area, you'll find a beautifully decorated customer lounge that offers leather seating, working fireplace, large screen HDTV, massage chairs, fresh tea and coffee, and today's paper, in a comfortable and inviting setting. To the right of the lounge, there are several Internet ready computers for work or play, and to the left, for those that prefer to stay active, Rallye offers a fully equipped Gym with shower and change room. There is even a playroom featuring arts and craft and a computer racing game for children and young adults to stay busy.

The service experience starts with a drive through entrance. No longer customers have to deal with bad weather when they need their car serviced. Then, you can either get a ride to the office in the complimentary shuttle or use all the amenities that Rallye has to offer while you wait. But you never have to wait too long unless you have time for your complementary exterior wash, because Rallye's service department has 7 service bays, the latest in electronic diagnostics equipment, experienced factory trained technicians and extensive parts inventory to ensure minimum turn around for the customers.

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STAYCATIONS ARE IN

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smart-

phone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant. If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and debt education for indebted Canadians, older, low-income



ISTOCK IMAGES

► It's vital to develop an understanding about your finances, especially as you age.

women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning

what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cover eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

If you don't live in one of the areas serviced by the workshops you can still access the information and useful tools at nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE workshops

- The Ontario workshop runs July 26 and 27 in Toronto with another series in the fall at various locations.
- Contact Charlyn Alexander at 416-978-5616 or at charlyn.alexander@nicenet.ca to sign up.

POP QUIZ

How can your families save money during tax season this year?



- A: Use the Universal Childcare benefit towards your children's RESP.
- B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
Make the cost of raising a family less taxing.

This column and more available at
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Diversify your TFSA

► Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house

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► Consider using your TFSA to save for retirement.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of \$5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away \$15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full \$15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. **NEWS CANADA**

Nadal, Williams make easy work of first round

► Former champions both win in straight sets ► Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, ran off six

The rematch

Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal reacts after defeating Michael Russell yesterday.

Pujols will likely miss six weeks with injury

St. Louis Cardinals first baseman Albert Pujols will be out an estimated six weeks with a fractured left wrist, leaving baseball without a three-time MVP in a devastating blow for a franchise hit hard by injuries this season.

The team announced the results of an MRI and CT scan yesterday, one day after Pujols was injured during a home game against Kansas City. The team said Pujols has a non-displaced fracture of his left radius.

THE ASSOCIATED PRESS



► Albert Pujols

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta Thrashers head coach Craig Ramsay was informed yesterday that he had been ruled out for

the position in Winnipeg, ensuring that the franchise will have new faces in all key positions. THE ASSOCIATED PRESS

Habs re-sign Pacioretty

NHL. The Montreal Canadiens re-signed injured winger Max Pacioretty to a two-year contract extension yesterday.

THE CANADIAN PRESS



Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS
INTERIM MANAGER JACK
MCKEON, 80, HE BECOMES
THE SECOND-OLDEST
MANAGER IN MAJOR LEAGUE
HISTORY. CONNIE MACK
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PHILADELPHIA ATHLETICS
IN A SUIT, TIE AND STRAW
HAT UNTIL 1950, WHEN HE
WAS 87.



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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

	W	L	Pct	GB
Boston	43	28	.606	—
New York	42	29	.592	1
Tampa Bay	39	33	.542	4½
Toronto	36	37	.493	8
Baltimore	32	37	.464	10

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	39	31	.557	—
Detroit	39	33	.542	1
Chicago	35	38	.479	5½
Minnesota	31	39	.443	8
Kansas City	31	41	.431	9

WEST DIVISION

	W	L	Pct	GB
Texas	38	35	.521	—
Seattle	37	35	.514	½
Los Angeles	35	38	.479	3
Oakland	33	40	.452	5

INTERLEAGUE

Last night's results

Atlanta 2 Toronto 0

N.Y. Yankees 5 Cincinnati 3

Baltimore at Pittsburgh

Colorado at Cleveland

L.A. Angels at Florida

San Diego at Boston

Houston at Texas

Chicago Cubs at Chicago White Sox

Tampa Bay at Milwaukee

Detroit at L.A. Dodgers

Sunday's results

Cleveland 5 Pittsburgh 2 (11 ins)

L.A. Angels 7 N.Y. Mets 3

Cincinnati 2 Toronto 1

Baltimore 7 Washington 4

Boston 12 Milwaukee 3

Atlanta 4 Texas 2

Tampa Bay 2 Florida 1

Minnesota 5 San Diego 4

St. Louis 5 Kansas City 4

Detroit 9 Colorado 1

Oakland 2 San Francisco 1

Chicago White Sox 8 Arizona 2

Seattle 2 Philadelphia 0

N.Y. Yankees 10 Chicago Cubs 4

Tonight's games

Baltimore (Guthrie 2-8) at Pittsburgh

(Ja.McDonald 5-4), 7:05 p.m.

Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.

Seattle (Fister 3-8) at Washington

(L.Hernandez 4-8), 7:05 p.m.

L.A. Angels (E.Santana 3-7) at Florida

(Vazquez 3-7), 7:10 p.m.

N.Y. Yankees (B.Gordon 0-0) at Cincinnati

(Cueto 4-2), 7:10 p.m.

Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0), 7:10 p.m.

San Diego (Latos 4-8) at Boston (Beckett 6-2), 7:10 p.m.

Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2), 7:10 p.m.

Houston (Lyles 0-2) at Texas (C.Wilson 7-3), 8:05 p.m.

Arizona (J.Saunders 3-7) at Kansas City

(Hochreiter 4-8), 8:10 p.m.

Chicago Cubs (Garza 3-6) at Chicago White Sox (Buehrle 6-5), 8:10 p.m.

Tampa Bay (Hellingson 7-5) at Milwaukee

(Greinke 6-2), 8:10 p.m.

Detroit (Scherzer 9-2) at L.A. Dodgers

(Billingsley 5-6), 10:10 p.m.

Minnesota (Pavano 4-5) at San Francisco

(Bumgarner 3-8), 10:15 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	45	28	.616	—
Atlanta	41	33	.554	4½
New York	35	37	.486	9½
Washington	35	37	.486	9½
Florida	32	40	.444	12½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	40	33	.548	—
St. Louis	40	33	.548	—
Cincinnati	38	36	.534	2½
Pittsburgh	35	36	.493	4
Chicago	29	42	.408	10
Houston	27	46	.370	13

WEST DIVISION

	W	L	Pct	GB
San Francisco	39	33	.542	—
Arizona	39	34	.534	½
Colorado	35	36	.493	3½
Los Angeles	32	41	.438	7½
San Diego	30	43	.411	9

TENNIS

WIMBLEDON

At London

Yesterdays results

Men

Singles — First Round

Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.

Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.

Tomas Berdych (6), Czech Republic, def. Filip Polášek, Poland, 6-2, 6-2, 6-1.

Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-3, susp., rain.

Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.

Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.

Stanislas Wawrinka (14), Switzerland, def. Potito Starace, Italy, 6-3, 6-4, 6-4.

Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40-30), susp., rain.

Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 6-3.

Ivo Karlović, Croatia, leads Janko Tipsarević (23), Serbia, 1-0 (15), susp., rain.

Juan Martín del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (susp., rain).

Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (6), 3-1 (susp., rain).

Ivan Ljubić, Croatia, leads Marin Čilić (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.

Rainer Schüttler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.

Milos Raonić (31), Thornhill, Ont., def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.

Feliciano López, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.

Ryan Sweeting, Canada, def. Pablo Andújar, Spain, 6-3, 6-4, 6-7 (1), 6-1.

Igor Kunitsyn, Russia, def. Igor Sijsling, Netherlands, 6-3, 6-4, 6-2.

Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.

Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 6-4, 6-2, 3-6, 4-6, 6-1.

Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.

Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (susp., rain).

Sergiy Stakhovsky, Ukraine, leads Daniel Cox, Britain, 6-2, 0-1 (susp., rain).

Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15) (susp., rain).

Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30-15) (susp., rain).

WOMEN

Singles — First Round

Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-3, 6-3, 6-3.

Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (susp., rain).

Jelena Janković (15), Serbia, vs. Maria Jose Martínez Sanchez, Spain

Ivan Ljubić, Croatia, vs. Marin Čilić (27), Croatia, comp. of susp. match

James Ward, Britain, vs. Michael Llodra (19), France

Li Na (3), China, vs. Alla Kudryavtseva, Russia

NO. 3 COURT

Jelena Janković (15), Serbia, vs. Maria Jose Martínez Sanchez, Spain

Ivan Ljubić, Croatia, vs. Marin Čilić (27), Croatia, comp. of susp. match

James Ward, Britain, vs. Michael Llodra (19), France

Li Na (3), China, vs. Alla Kudryavtseva, Russia

COURT TBA

Not before Noon EDT: Anna Chakvetadze, Russia, vs. Maria Sharapova (5), Russia

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 19

1. Carl Edwards, 532; 2. Kevin Harvick, 512; 3. Dale Earnhardt Jr., 505; 4. Kyle Busch, 503; 5. Jimmie Johnson, 503; 6. (tie), Matt Kenseth and Kurt Busch, 491; 8. Ryan Newman, 456; 9. (tie), Denny Hamlin and Clint Bowyer, 455.

11. Tony Stewart, 454; 12. Jeff Gordon, 438; 13. Greg Biffle, 425; 14. Mark Martin, 418; 15. Juan Pablo Montoya, 409; 16. Paul Menard, 402; 17. A.J. Allmendinger, 402; 18. David Ragan, 395; 19. Kasey Kahne, 387; 20. Martin Truex Jr., 376.

GOLF

PGA FEDEXCUP LEADERS

Through June 19

1. Luke Donald 1,455 \$3,550,248

2. Webb Simpson 1,417 \$2,990,350

3. Mark Wilson 1,321 \$2,690,680

4. Matt Kuchar 1,306 \$2,878,861

5. Phil Mickelson 1,261 \$2,496,784

6. Nick Watney 1,241 \$2,960,733

7. K.J. Choi 1,236 \$2,996,104

8. David Toms 1,229 \$2,842,215

9. Gary Woodland 1,215 \$2,363,652

10. Steve Stricker 1,173 \$2,561,139

11. Jonathan Byrd 1,154 \$2,358,204

12. Brandt Snedeker 1,148 \$2,345,970

13. Jason Day 1,141 \$2,720,362

14. Rory Sabbatini 1,137 \$2,200,867

15. Martin Laird 1,129 \$2,314,994

16. Webb Simpson 1,093 \$2,174,392

17. Aaron Baddeley 1,069 \$2,283,423

18. Hunter Mahan 1,008 \$2,121,242

19. Charl Schwartzel 980 \$2,080,921

20. Bill Haas 911 \$1,695,915

21. Dustin Johnson 900 \$1,947,228

22. Keegan Bradley 885 \$1,809,388

23. Steve Marino 881 \$1,739,964

24. Jhonnatan Vegas 853 \$1,530,336

25. D.A. Points 853 \$1,683,006

26. Ryan Palmer 815 \$1,614,010

27. Jason Dufner 813 \$1,678,060

28. Spencer Levin 794 \$1,586,066

29. Vijay Singh 775 \$1,513,290

30. V.E. Yang 728 \$1,587,837

31. Brendan Steele 699 \$1,347,604

32. Lucas Glover 699 \$1,377,188

33. Brandt Jobe 693 \$1,238,790

34. Justin Rose 680 \$1,342,182

35. Charles Howell III 663 \$1,213,495

36. Tommy Gainey 650 \$1,263,237

37. Kevin Na 649 \$1,233,265

38. Charley Hoffman 648 \$1,053,358

39. Robert Garrigus 629 \$1,315,557

40. Harrison Frazier 624 \$1,192,489

41. Fredrik Jacobson 612 \$946,688

42. Robert Karlsson 608 \$1,184,755

43. Bo Van Pelt 608 \$1,225,245

44. J.B. Holmes 607 \$1,367,746

45. John Senden 607 \$966,820

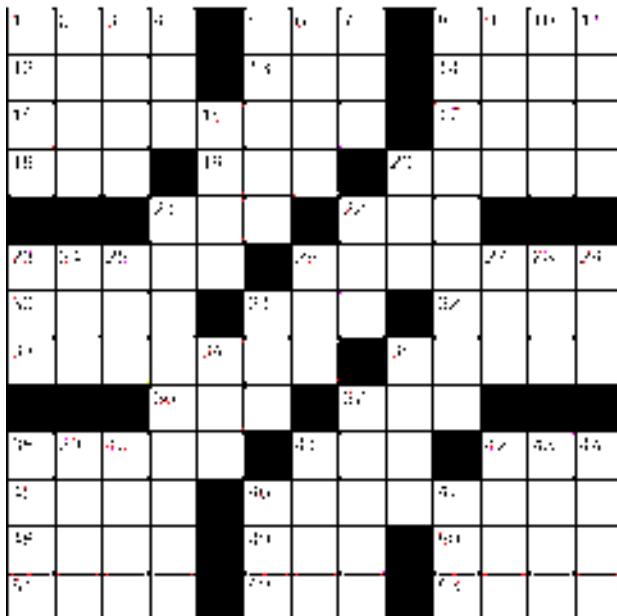
46. Brian Gay 600 \$999,066

47. Zach Johnson 595 \$1,085,196

Crossword

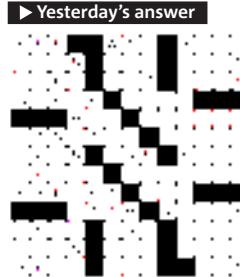
Across

1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"
Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite



5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly

25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Today's horoscope

Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

Leo July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

Virgo Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

Pisces Feb. 19-March 20 You need to deal with a family issue that is causing grief. It's time to get tough. **SALLY BROMPTON**

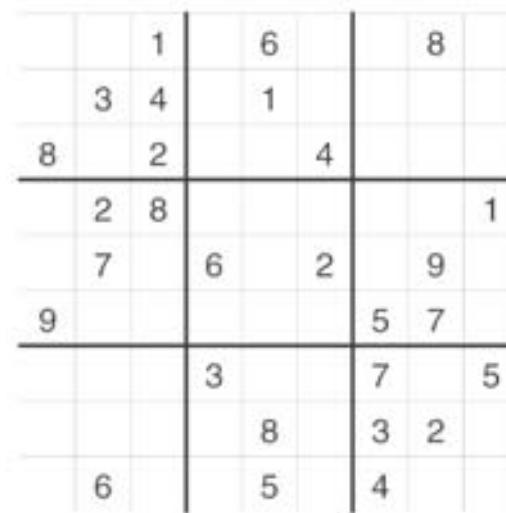
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Sudoku



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Andy
I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss YOUR PRINCESSLITTLEBOOTS XOXO

JDNR
"YOUR LIPS ARE SOOOO MMMMMMMMM!! XO :)

Mark T
My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.

DOROTA

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

[Yesterday's answer](#)



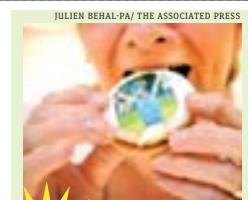
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Caption contest



"It's Hugh Hefner's runaway bride contest!"
WILL



WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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*Source: NADbank 2009/10 Base: Ottawa CMA, Age 18+, 82,800 daily readers.

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Hockey All-Star

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